

STEAK with HONEY BOURBON SAUCE

Ingredients

Steak
Oil
Shallots, minced
Garlic, minced
Mushrooms, sliced
Flour
Bourbon
Beef stock
Honey
Butter (optional)

Amount

6 ounces
2 tablespoons or to cover bottom of pan
1 teaspoon
1 clove
1 to 2
1 tablespoon
1 to 2 ounces
½ cup
1 teaspoon
1 tablespoon

Method:

- Heat oil in sauté pan on medium heat
- When oil is hot cook steak on one side until it starts to turn brown around the edges, turn and cook about 2 minutes
- Take steak out of pan, add shallots, garlic, mushrooms and cook about 1 minute, add flour and cook about 1 more minute
- Deglaze with bourbon, beef stock and honey, add butter, put steak back in pan and heat through
- Put steak on plate and top with pan sauce.

